

Business and Professional Women Southern Ocean County  
February 2014 Newsletter  
[www.bpwsoc.org](http://www.bpwsoc.org)



 ["Like" us on Facebook](#)

## BPWSOC Upcoming events for 2014

Meetings are held the second Tuesday of each month at 6:30PM (come earlier 6PM for Networking) at [Kristy's Casual Dining in Waretown](#)

March 11 – BPWSOC Meeting  
**GUEST SPEAKER: Kathleen Gill.**  
**Certified Healing Touch Practitioner**  
**TOPIC: Stress Management**

April 8 – BPWSOC Meeting  
**RENEW YOUR MEMBERSHIP IN APRIL**

May 13 – BPWSOC Meeting

June 10 – BPWSOC Meeting

July 8 – BPWSOC Meeting

August 12 – BPWSOC Meeting

September 9 – BPWSOC Meeting

October 14 – BPWSOC Meeting

November 11 – BPWSOC Meeting

## President's Message from Mary Baldelli

Hi everyone!

Soon our weather will be changing and we will begin to be out and about a little more. Let's take this next month to focus on those who we come into contact with every day, whether by phone, email, or in person.

There is a "you tube" video circulating now called "Service" which is well worth watching. It depicts a man on his way to work and all the stresses that he encounters along the way, from backing out of his driveway when a child on a bike is behind him, traffic jams, losing a parking space, and waiting in line at a coffee shop. While waiting for his coffee, he is given a pair of eyeglasses by a stranger. Through these glasses he can see what stresses are affecting all others around him such as someone recovering from addiction, a woman who has just lost her best friend, another woman who is working 2 jobs to feed her kids, and that child with the bike who needs someone to care.

The next time you are in a rush and feeling impatient, think about what others

December 9 – BPWSOC Holiday Meeting

**ADDITIONAL EVENTS WILL BE ADDED AS THEY OCCUR**

(Note: There will be Executive Board Meetings the week before each General Meeting, Date, time and place of these meetings will be announced prior to the monthly meeting.)

REMEMBER TO BRING YOUR BUSINESS INFORMATION FOR OUR NETWORKING TABLE!!!



**GUEST SPEAKER FOR MARCH 11 MEETING**  
**STRESS MANAGMENT**  
**KATHLEEN GILL, RN, HNB, CHTP, HSMI**  
Certified Healing Touch Practitioner from [Ocean Healing Touch](http://www.oceanhealingtouch.com)

Kathleen's stress management lectures are regarded as motivational and able to significantly impact the lives of the people she touches.

Kathleen Gill is a Certified Healing Touch Practitioner and Certified Holistic Nurse. In her heart centered private practice she offers various modalities seeking personal growth and healing for body, mind

might be going thru and send your kind thoughts, words, or actions.



**MEMBER BIRTHDAYS:**

- Jane Kunka March 10
- Penny Miller March 17
- Stalo Karamanos March 20



**Love and eggs should be fresh to be enjoyed.**  
**Russian proverb**



**PC TIPS BY LISA G**  
[A2Z Computer Help](http://www.a2zcomputerhelp.com)

What can you do with your Old Windows XP Computer?

**When you purchase a brand**



Please note that you can always go to our website for the latest information and/or Members Only area.

Visit us at [www.bpwsoc.org](http://www.bpwsoc.org)



**NEED TO GET AWAY**

If you are stressed and looking for a mini vacation to Long Beach Island, or have family or friends that are thinking of a local getaway, or a last minute family reunion, give me a call at 609-290-5040 or e-mail me at [Cyndyonlbi@comcast.net](mailto:Cyndyonlbi@comcast.net): it would be my pleasure to assist you in locating a rental property on Long Beach Island! There are still homes available, so don't hesitate to contact me. Cyndy Friedland

and spirit.

She developed a free monthly [Healing Touch Clinic](#) at Causeway Chiropractic and is also qualified to lecture as a certified Holistic Stress Management instructor.

Kathleen brings many years of experience and training in nursing, energy medicine and holistic stress management to both her practice and teaching. She is described as inspirational as she supports individuals on their healing journey.

- registered nurse
- certified healing touch practitioner
- holistic nurse-baccalaureate-board certified
- holistic stress management instructor

## Wordle™ Wordle.net

A tool used to create a picture of your personal brand. Check what the text of your resume is saying and insert the graphic on business cards.



## Mindfulness

Mindfulness is the newest technique in building stress resilience. Mindfulness focuses on being in the present moment, being grateful for what you have and what you can do now to accomplish as much as you can to be more productive. This enables you to take greater control of your behaviour, language, emotions, thoughts and feelings which can impact work performance.

***new PC there is much more to the initial set up then just plugging it in, turning it on, and filling out a few forms and then surfing away.***

I have been speaking about the "end of support" for Windows XP a lot lately and I feel it is an ongoing subject at this time with the end date of April 8, 2014.

So, on April 9th, this "end of support" does not mean that your computer with Windows XP will suddenly be hacked or filled with viruses. But, it should be understood that the most secure computer system is the one that is not connected to the Internet (by saying "not connected" - this means that if you have a desktop pc or a laptop/notebook pc and your are connected directly with a wire, (known as an ethernet cable (RJ45) - this is the cable that looks just like the old telephone cable (RJ11), but is a bit bigger); then you must disconnect this cable - either from the back of your desktop pc or the back or side of your laptop (or you can follow the cable and disconnect it from the other end, which is where you are receiving your service into your home - the cable modem). Now, if you are connected wirelessly, all you have to do is turn off the switch on your laptop computer for wireless



## BPWNJ VOICE

Did you know that you can advertise your business in the BPWNJ Voice in order to reach our sisters throughout the State? For more information contact Lauren Berman at [lesimeone@verizon.net](mailto:lesimeone@verizon.net). ***If you are not receiving your copy of the Voice electronically, and would like to, e-mail Lauren Berman at the address above and ask her to put you on the electronic e-mail list. By doing so, you are helping BPWNJ save the cost of mailing.***



## NEW MEMBERS:

Members please bring family, friends and business associates to meet us. New members are always welcome.

connectivity (if it has one), or usually it is one of the "F" keys at the top of your keyboard that turns the adaptor on and off. Or, you may have an icon down in the right hand corner of your computer screen that tells you, you are connected to your wifi and you can click on it and then click disconnect. This will render you disconnected from the internet.

Now, you can use that old pc for many different uses without connecting to the internet. Here are some ideas:

You may have a "Word" program that you can still type letters on etc... and print them or save them and even transfer them to another computer (with an external drive or flash drive). You can call it your word processor or typewriter.

You can play all of your music from it and even add more (if you have the hard drive space), by loading your cd's to your music library.

You can still view your photos and or add more and edit and create with them accordingly.

You can play the games like Solitaire, Minesweeper, etc...



## International Women's Day

March 8th

International Women's Day (IWD) or International Working Women's Day is a special day observed on 8 March every year in many countries. It is observed as a day to respect and treasure women as well as to appreciate women's achievement in economy, politic, and social. Different countries have different ways in celebrating International Women's Day. Some countries observe the date as a public holiday for all citizens, some others only grant day off for women, while the rest do not observe the date at all.

With a little creativity, you can come up with many DIY projects that would not require an internet connection. Another would be you can use it as a storage for all of your recipes (you can type them, scan them in, or you may have already downloaded and or copied and saved many and you have them in folders that you can always go back to view).

If you are a big risk taker, you can still surf the internet, but I would not recommend doing anything that could jeopardize your identity (like banking and purchasing).

Some systems will still allow for the upgrade to Windows 7 (but, Windows XP - only allowed for 3GB of memory), and it is likely that your pc will not allow for more RAM- so it will not be the fastest pc, but again, it will function.

Finally, (but still not the only conclusion), you can try a Linux Operating System (Ubuntu). Linux is an open source operating system (this means that it is developed collaboratively and no one company is responsible for its development or ongoing support). Ubuntu is a Linux operating system, which is available for free with community and professional support. You can read all about this free operating system at [www.linux.com](http://www.linux.com)

and/or [www.ubuntu.com](http://www.ubuntu.com). And of course you can have a computer technician install and set up this operating system on your old pc to get more use out of that old computer.

***Thank you, Lisa Gambino***

[A2Z Computer Help](#)

Secretary/Webmaster,

BPWSOC.org

Certified Computer

Technician and Professional

Secretary

A2Z Computer Help

[lisag@A2ZComputerHelp.com](mailto:lisag@A2ZComputerHelp.com)

vm: 732-237-9704

Keyport Office: 732-847-

9275

-----  
["Like" my page on Facebook](#)

*Copyright © 2014 BPWSOC, All rights reserved.*

Our mailing address is:

BPWSOC

P.O. Box 1207

Manahawkin, NJ 08050

[www.bpwsoc.org](http://www.bpwsoc.org)

[unsubscribe from this list](#) | [update subscription preferences](#)